



# Hollister Newsletter December 2022

## Skin Around the Stoma Deserves to be Healthy

Living with a stoma doesn't mean you have to tolerate skin problems on your abdomen. Whether you are having issues with itchy, red, or painful skin around the stoma or want to prevent skin issues from occurring, we have the products and resources to help you maintain healthy skin.

**Security +  
Skin Health =  
Protection Where  
it Matters Most**

Protecting peristomal skin means using products that provide a good seal around the stoma and promote skin health. Hollister uses the unique combination of security and skin health to design skin barriers that help maintain healthy skin – including the ceramide-infused CeraPlus™ Portfolio.\*

**Learn more on the next page!**



### **What do we mean by Security?**

The size of your stoma and flatness of the skin around it will determine the type of fit you need in a skin barrier.

### **Why is Security important?**

It's critical to get a good seal around the stoma to help protect from leakage, promote comfort, and maintain healthy skin.



### **What do we mean by Skin Health?**

The customized ingredients responsible for adhesion, erosion resistance, and absorption are carefully formulated in the skin barrier to create an environment where healthy skin can thrive.

### **Why is Skin Health important?**

Depending on the type of stoma output, skin sensitivities, or skin condition, the right formulation can make all the difference in maintaining healthy skin.



**Ostomy Care**  
*Healthy skin. Positive outcomes.*



# Choosing an Ostomy Skin Barrier

Selecting the right skin barrier is important to ensure a good seal and skin protection. Use this decision guide to help you choose the right one for you.

## Get tips on choosing a skin barrier.

The skin barrier is the most important part of the pouching system because it protects your skin from stoma output and keeps your pouch in place. There are many skin barrier options designed to provide the most secure seal around your stoma, prevent leakage, and protect your skin. Your choice depends on your stoma, output, and other factors, such as sensitivity to tape.

Here's a quick decision guide to help you make the right choice for you.

Choosing a skin barrier	
Situation	Consider...
Your stoma is round, and its size is not changing	Pre-sized skin barriers
Your stoma is oval, and the size is still changing	Cut-to-fit skin barriers
Your output is liquid, soft, or mushy	Skin barriers designed to be more resistant to liquid stomal output
Your output is formed, or you change your skin barrier often	Skin barriers with gentle adhesion to limit skin damage from frequent changes
Your stoma sticks out, or you have a deep abdominal crease or hernia	Flat skin barriers that are best for use with creases or protrusions
Your stoma does not stick out, your skin is soft, or you have a slight crease in your skin	Convex skin barriers that adhere well to flat areas
You are sensitive to tape	Skin barriers without tape



# Helpful Ostomy Care Routines

For pouching systems to adhere properly, the skin around the stoma must be healthy. Establishing a good cleaning routine and measuring the stoma regularly are vital steps for maintaining skin health.



[Click here](#)  
to watch  
the video



## Cera Plus - 844011

On the 3rd October 2022 I applied this bag, straight away I felt how soft the convex base was and with my weight, I felt that it was not pressing into my skin and hurting me.

The longer I wore the bag the more I felt comfortable, I could bend normally without any part of the bag pushing in to my stomach (fat, loose skin).

I, got 7 days of wear out of the bag, with no leakage, skin irritation  
I, would really recommend this bag to anyone it gets a 11/10

- Heather



# CeraPlus™ Skin Barrier Evaluation

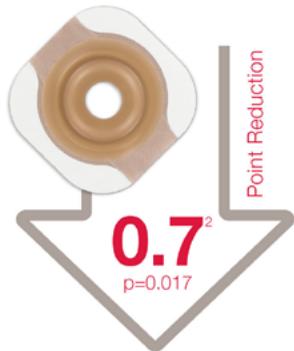
with Remois technology\*



Based on 42 evaluations across 14 hospitals with participation from 21 clinicians

## DET Score

A significant overall DET<sup>1</sup> reduction after the use of CeraPlus skin barrier



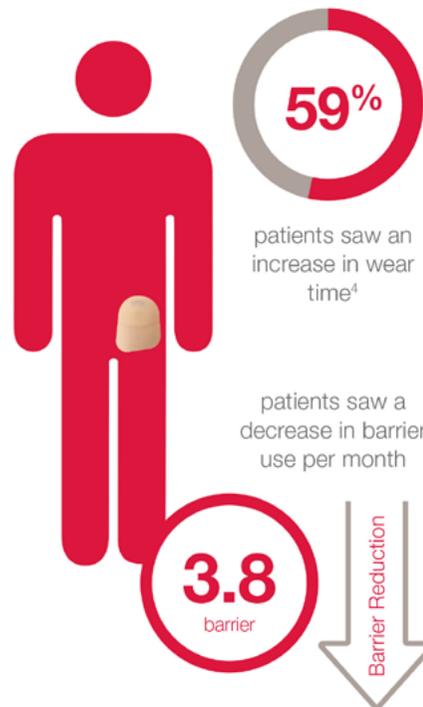
## Peristomal Itch score

Significant overall reduction in average Peristomal Itch score



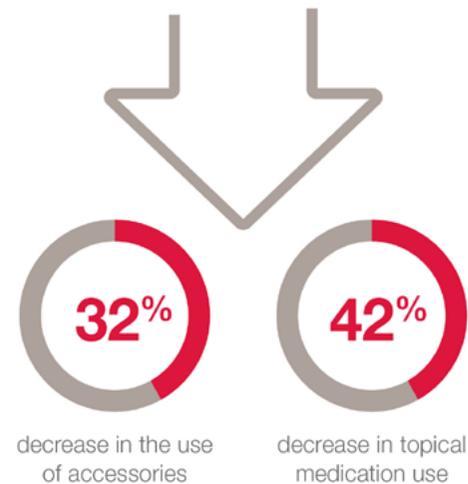
## Barrier Use

Increase in wear time while using CeraPlus skin barrier



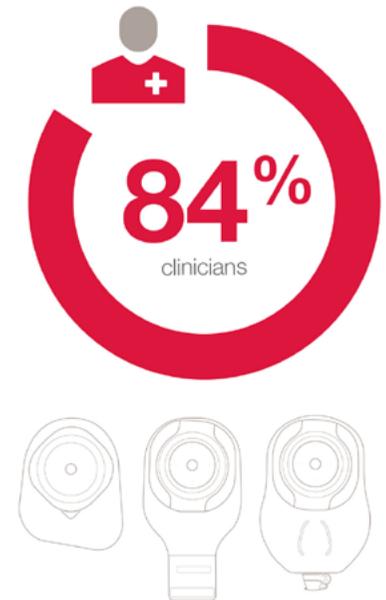
## Accessory & Topical Medication

Decrease in topical medication use and the need for accessories after using the CeraPlus skin barrier



## Recommended

Clinicians were **“very likely”** or **“likely”** to recommend CeraPlus skin barriers for all patients



1. <https://www.coloplast.us/ostomy/professional/patient-education/>  
2. Decrease in average DET score from 1.5 (pre-use) to 0.8 (post-use) [p=0.017; n= 42]  
3. Decrease in average Peristomal Itch score from 2.9 (pre-use) to 1.4 (post-use) [p<.0001; n= 47]  
4. 29 of the 49 end users (59%) experienced an increase in wear time

Prior to use, be sure to read the package insert for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions for Use. The Hollister logo, CeraPlus and “Healthy skin. Positive Outcomes.” are trademarks of Hollister Incorporated. All other trademarks and copyrights are the property of their respective owners. Not all products are CE marked. \*Remois is a technology of Alcare Co., Ltd.  
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# Getting Support and Giving Support

## Firefighter and family man pays it forward to others facing ostomy surgery and life with a stoma

During an emergency run, firefighter and paramedic Brandon Wilch had an opportunity to educate a police officer about ostomies. “We were at a cardiac arrest scene, and the officer pointed at the victim’s now visible ostomy bag and said that the person must have been really sick,” said Brandon. “I replied that maybe the patient was actually in better health with an ostomy because, after all, my stoma is what has allowed me to be a firefighter. He was stunned to learn I was an ostomate.”

### A Crohn’s Disease Diagnosis and Ostomy Surgery

More than a decade earlier, Brandon had been diagnosed with Crohn’s disease. At first, he chose to deal with his condition by staying home, living in pain and, as he puts it, “remaining close to a bathroom.” His weight dropped to 115 pounds, rendering him unable to live his life as he wanted. He also was scared for his future when he found out that he would need ostomy surgery to stay alive.

Brandon’s mind immediately began racing through all the fun activities and job-related responsibilities he thought he would have to forego post-surgery. He asked both his surgeon and gastrointestinal (GI) doctor what his restrictions would be. “I was shocked to hear that I wouldn’t have any, and to be honest, I wasn’t really sure if I believed them,” recalls Brandon. “I was wary about whether or not I’d be able to get back into the Fire Service, let alone do simple things like swim,” he admits. “With the state of my health, however, I had no choice – surgery it was!”

### Getting Support After Surgery and Living With an Ostomy

In the days following his ileostomy surgery, Brandon was surrounded by guidance and support from the Wound, Ostomy, and Continence (WOC) nurses who tended to him. “They were my Guardian Angels,” says Brandon. “They helped me realize how the Crohn’s symptoms had not only affected me, but also those who meant the most to me.”



As the years went by, Brandon met the love of his life, Janeen. They married and their children William and Keira became a true inspiration to how Brandon viewed life. “In the birth of my children, I found that what others told me about loving something unlike I’ve loved anything before— was true,” notes Brandon. He also displays an insatiable love for life and living it to the fullest. “Janeen and I are doing so much together,” says Brandon. “We’re bicycling, camping, ballroom dancing, and, believe it or not, even skydiving!”



### Getting Back to Work and Giving Back to the Ostomy Community

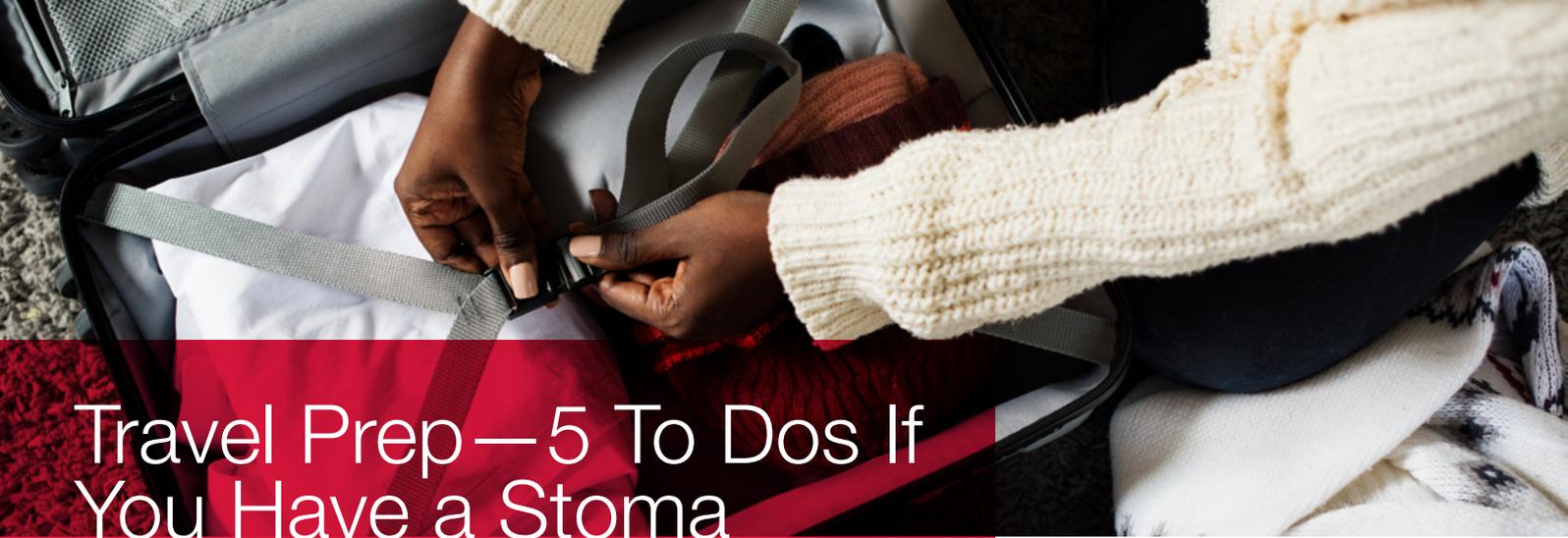
Meanwhile, back on the job, Brandon has no restrictions on his abilities to fight fires and respond to emergency calls alongside his team. He is incredibly grateful for the ostomy that saved his life. Brandon pays it forward by contributing to inspirational blogs and on social media; encompassing others with his unstoppable outreach of support and words of wisdom: “Thanks to ostomy surgery, I can conquer it all. So can you.”



Brandon Wilch lives in Indianapolis, Indiana, with his wife and two children. The family loves the outdoors and enjoys using their camper as much as possible. In addition to being a firefighter and paramedic, Brandon’s future plans include working toward becoming a registered nurse.

*Financial Disclosure: Brandon Wilch received compensation from Hollister Incorporated for his contribution to this article.*





# Travel Prep—5 To Dos If You Have a Stoma

If you've had a colostomy, an ileostomy, or a urostomy, you may worry about traveling. Prepare for travel with a stoma with these handy tips.

*By Wilton Walker, MBA, BSN, RN, WOC Nurse, Manager, Clinical Education*

Does the thought of traveling make you concerned? Maybe you're worried about not having a clean place to change your pouch? Or stressed about possibly running short on your ostomy products, or losing them in transit?

There's a great solution for those worries and many others: preparation. Preparation will put your mind at ease, and you'll quickly realize that you can, indeed, travel—not just a few miles from home, but anywhere in the world.

Prepare for your next trip with the following guidelines:

## **Prep tip #1 – Create a checklist:**

Don't wait until the day before your trip to make a list of supplies. Make it a few weeks before, in case you need to order more. Count the number of pouch changes you would normally need to make, and then double the number. That way you're ready for anything, even the unexpected. That's especially important on cruise trips, where you won't have access to suppliers (you may even want to pack a little more). Travel delays, lost ostomy supplies, or frequent changes due to hot climates won't be a problem either. Items to bring may include:

- Pouches – different lengths for different activities
- Skin barriers
- Ostomy accessories such as barrier rings and stoma powder
- Disposal bags
- Toilet paper or tissue
- Cleansing wipes
- Medications (if necessary)
- Hand wipes, in case running water isn't available
- Handheld mirror

## **Prep tip #2 – Have a backup plan:**

Even if you pack more than you think you'll need, anything can happen. The good news is that most manufacturers have products available around the world. Before you leave home, find out where you can buy supplies near your travel destination. Start with [The United Ostomy Associations of America \(UOAA\)](#) for information on suppliers abroad, or at ports of call on a cruise. Check with your ostomy manufacturer for suppliers in your area of travel. It's also a good idea to find out where the nearest medical facility is, and have your emergency contact information ready.

## **Prep tip #3 – Get an ostomy travel card from your healthcare provider:**

This should explain why you need pouches, skin barriers, and medications to customs and security personnel at checkpoints. In the U.S. [a travel communications card from UOAA](#) is available in a variety of languages (helpful if you need supplies while traveling abroad too). Even with such a card, it's also a good idea to have a letter from your healthcare professional explaining your medical condition.

## **Prep tip #4 – Check your travel insurance:**

Some policies may have age or pre-existing medical condition limits. Be sure you are fully covered before you leave. Check with your insurance or travel agent to avoid any unwanted surprises.

## **Prep tip #5 – Make a final change:**

It's a good idea to change your skin barrier and pouch just before you leave your home. This minimizes the possibility of leaks, and gives you a boost of confidence as you venture out.

**View or print the full PDF booklet:**

[Living with an Ostomy: Travel.](#)





Happy Holidays from everyone at HARTMANN South Africa.  
We hope your holidays will be filled with joy  
and laughter through the New Year.

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